KASSU 2018

**SECTION A (40 MARKS)**

1. **Give two ways of meeting the emotional needs of a patient recuperating at home. (1mk)**
* Reassuring the sick that all will be well soon.
* Encouraging the sick to be involved in some interesting activities, which they can do to lessen boredom.
* Avoiding discussing worrying issues, either with the patient or in his her presence
* Placing some flowers in the room to cheer up the patient
* Counseling the patient so that he or she can develop a positive attitude towards the illness
* Appearing happy and enthusiastic when assisting the patient
1. **State two disadvantages of using hot water on plain wooden equipment. (1mk**)
* It causes discoloration and warping of wood
1. **State two disadvantages of staying in a traditional house with the current rains. (1mk)**
* The house is prone to leaking with the heavy rains
* I can easily be carried away by the ragging floods
* The house can be flooded
* Walls are not insulated thus the house can be cold
1. **What is snipping? (1mk)**
* Making small cuts on the edge of fabric especially on curved areas to reduce bulk
1. **State two disadvantages of commercial paper patterns. (1mk)**
* Fittings may not match the exact size of the wearer
* They are expensive to purchase
1. **Mention two advantages of sponging. (1mk)**
* It saves money and time since one does not have to take clothes for commercial dry cleaning as frequently
* It reduces the risk of loss of colour or shape especially for heavy or bulky garments
* The solutions are simple to make at home
* The item can used almost immediately as it dries easily
1. **State two methods of graining fabric. (1mk)**
* Pulling the fabric in the opposite direction off-grain slant(stentering)
* Pull thread across the fabric in order to ensure that the edge is on a straight grain; then cut
1. **Explain how fans work**(1mk)
* When the fan blades are set into rotation, the fan sets air inside in motion. Fans only keep air in a room in motion. They do not remove stale air from a room
1. **Highlight two precautions to take when using pressure lamps. (1mk)**
* Lightly correctly, making sure that the necessary precautions are taken to avoid accidents
* Place it on a raised surface away from places where it would fall
* Wipe off any spills to prevent fire breakout
* Do not touch the mantle because it is fragile
1. **Give two uses of sugar in flour mixtures. (1mk)**
* Sweetens and softens the cake
* Incorporates air
* Gives food for fermentation
* Improves colour of the mixture
* Prolongs the shelf life of the baked product
1. **State the importance of pressing at every stage of dress making**. (**1mk)**
* It makes the work flat
* Leads to accuracy in measurements
* It makes the final product look neat and presentable

- It makes the work move faster since it’s easy to see the construction process

- It reduces the amount of pressing to be done when the article is completed.

1. **Identify two tasks carried out only during special cleaning of a bedroom. (1mk)**
* Laundering of curtains and bedcovers - Polishing wooden floor
* Cleaning carpets - Painting the walls
* Cleaning and polishing ornaments - Cleaning areas covered by heavy equipment
1. **Give two points to consider when drawing up a diet for vegetarians. (1mk)**
* The diet should be balanced
* Vary the food options to avoid monotony
* Use vegetables is season they are cheaper and of better quality
* Use vegetable oil
* Well garnished
* Well seasoned
1. **Give two ways of making meat tender before cooking. (1mk)**
* Beating the meat with a rolling pin or steak hammer to crush the fibre and reduce stringiness
* Dipping the meat in lemon/pineapple juice or vinegar before cooking for a short time
* Rubbing the meat with raw pawpaw sap
1. **State two ways of saving money in a family. (1mk)**
* Making a family budget and adhering to it – Kitchen gardening
* Buying food in bulk – Rearing chicken
* Buying foods in season – Planning meals to avoid wastage
* Use of cheaper substitutes
1. **Mention any two methods of making fabric construction. (1mk)**
* Weaving – Felting
* Knitting – Netting
* Bonding – Crocheting
1. **Briefly explain what you understand by the term consumer education. (1mk)**
* This is information that makes people aware of the goods and services available and their rights as consumers to avoid being exploited.
1. **State two limitations of living in an employer’s house. (1mk)**
* The loss of one’s job may mean the loss of ones’ accommodation
* It may discourage someone from looking elsewhere for a better job for fear of forfeiting the benefit of a free shelter
* The comfort of having the benefits may kill one’s initiative for self-development
* One can’t change the design or colour of the house
* Conflicts with colleagues
* Repairs take long to be done
1. **Give two important points to consider when daily cleaning a pit latrine. (1mk)**
* Clean and disinfect everyday
* Remember to cover the hole after cleaning
* Pour ashes around the latrine
1. **Identify two ways of caring for a food processor. (1mk)**
* Avoid running it when empty
* Switch off when not in use
* Do not overload the blender, slicer and mixer
* Follow the manufacturer’s instructions
* Clean according to material
* Do not wet the motor and wiring
* Service regularly
1. **Note down two reasons for unsuccessful frying. (1mk)**
* If the fat is too hot when the food is put in the oil, the outside browns before the inside is cooked.
* Using fat with a low smoking point
* If the fat is cool the food absorbs it and it becomes soggy
* The use of fat that is impure or tainted with seasoning from previous use or fat that has darkened will result in food having a bitter taste and will be dark brown in colour
* If the fried food is not drained in absorbent paper, the food will be greasy
1. **State two reasons for stitches looping during sewing. (1mk)**
* Machine not oiled
* Upper and lower tension too loose
* Incorrect threading
1. **List down two characteristics of good stitches. (1mk)**
* Good tension; they are not too loose or too tight
* Firmly fastened at the beginning and at the end
* Have even length
* Neat
* Firmly stitched/ strong
* Continuous with gaps
* Straight or smoothly curved depending on where applied
1. **Mention two reasons why vitreous enamel finish is used on cookers. (1mk)**
* It is easy to clean
* It does not stain easily
* Resistant to heat
* Durable/ strong
1. **Explain the effect of soap in water during laundry. (1mk)**
* On dissolving, the detergent lowers the surface tension of water, thus enabling the solution to penetrate the fabric and any greasy spot
1. **Give two undesirable outcomes of not rinsing garment properly. (1mk)**
* **­**Discolouration of the fabric with time as the various chemicals used in the manufacture of detergent (whites)
* Irritation of the skin that may occur by wearing the garment
* Unpleasant smell
* Stains on the clothes (coloured)
* Weakens the fibre making it coarse
1. **State two precautions to observe when using a charcoal iron. (1mk)**
* The lid should be locked
* The screws must be firmly in place to avoid accidents
* Wipe when too hot to cool
* Clean the base to avoid making clothes dirty
1. **Identify any two rules for patching. (1mk)**
* The fabric for patching should match that of the garment in colour, weight, age and fibre content
* The patch should be flat
* It should be inconspicuous unless a decorative finish is required
* The shape of the patch should correspond to that of the hole or worn out area
* The patch should match in grain with the garment
1. **Identify two categories of bleaches giving an example for each. (1mk)**
* Reducing bleaching; Sodium hypochlorite
* Oxidizing bleaches; Hydrogen peroxide
1. **State two points to look for when choosing a wardrobe. (1mk)**
* Amount of clothes – Space available
* Finishing should be smooth - Easy to open doors
1. **State one difference between marasmus and kwashiorkor. (1mk)**

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| **MARASMUS** | **KWASHIOKOR** |
| The child looks like an elderly person because the face is wrinkled | Growth is retarded |
| The hair is normal | The hair is scanty, thin and brownish |
| Swollen stomach, face, hands and feet | Extreme loss of weight |
| The eyes protrude and the child is generally alert or anxious | The child looks dull and inactive |

1. **Differentiate between A La Carte menu and Table d’ote menu. (1mk)**
* A La Carte menu, food items are priced separately and one can choose the combination of foods they want while in Table d’ote menu the entire meal is put and priced together
1. **List two factors that can cause premature birth. (1mk)**
* Smoking of tobacco
* Alcohol
* Trauma
* Accidents
1. **Give two ways one can losing weight.(1mk)**
* Reduce intake of junk foods
* Do regular physical activity
* Increasing intake of fruits
* Avoid snacking
* Eating enough
* Proper time of eating
1. **State two functions of the weights and measures department.(1mk)**
* Raid any shop and check the weights and measurements of all machines used in trade
* Test the machines and ensure that weights are in good working order and are accurate.
* Follow the trader to ensure the correct usage of machines, so that the consumers are not cheated.
* Check the machines yearly. For any stamping, a small fee is charged.
* Check pre-packed goods such as sugar. It is necessary to ensure that the correct weights are used and marked on the packet.
1. **State two ways one can ensure left-over food retains its freshness. (1mk)**
* Put in clean, covered containers so as to protect it from contamination. Cakes and biscuits should be stored in airtight
* Cooled as quickly as possible and then stored either in the refrigerator or any reasonably clean and cool place
1. **Give two ways fruits can be made available as convenience foods. (1mk)**
* Fruits can be packed whole for sale in supermarkets
* Juice
* Salads
1. **State how salt works in food preservation. (1mk)**
* A high concentration of salt kills micro-organisms and prevents the action of enzymes. Salt draws water from the meat (food) and stops the action of micro-organisms
1. **State two points to consider when making a flower arrangement for a dining table. (1mk)**
* Avoid choosing scented flowers or plants because some people may be allergic to them.
* Choose medium sized flowers as large ones would make the table crowded
* Should be of convenient height for clear visibility
* Make circular or oval shape to be viewed from every side
* Size of the flower arrangement should correspond with that of the table
1. **State two factors that influence food scarcity at household level other than poverty**.(1mk)
* Wastage as a result of poor planning
* Poor storage
* Infestation of food by pests

**SECTION B (20 MARKS) Compulsory Question**

1. **Explain how to carry out the following activities;**
2. **i) Launder a soiled baby’s napkin (6mks)**
* Collect equipment and materials to save on time and energy
* Scrap ½ any stool if any to avoid spreading the dirt and making the water dirty ½
* Rinse in clean cold water
* Soak ½ in cold water ½ to loosen dirt ½
* Wring ½ from the soaking water ½ to prevent lowering the temperature ½ and dirtying the water ½
* Wash ½ in hot ½ mild soapy water ½ using friction½ method to remove fixed dirt ½
* Rinse ½ in hot water ½ to remove traces of soap and dirt ½
* Boil ½ to disinfect and brighten ½
* Final rinse ½ in cold water ½ to freshen the fabric ½
* Add fabric conditioner ½ to soften and improve the smell ½
* Dry the sun 1/2on the line holding with pegs to further disinfect, to brighten and remove moisture ½
* Press ½ with a hot iron ½ to remove creases
* Air ½ to remove the smell and remaining moisture ½
* Fold ½ and store appropriately½
* Clean and store equipment appropriately

**ii) Suppose the napkin you have laundered has a yellowing effect. Explain how you would blue it. (3mks)**

* Collect equipment and materials to save on time and energy
* Tie a cube of blue with a piece of cloth to control the amount of blue and then squeeze in the final rinsing water until the water is sky blue
* Put/ dip the napkin in the blue water, knead and squeeze the napkin to absorb as much water as possible
* Squeeze out excess water and dry under the sun
* Iron, fold and store appropriately
* Clean and store equipment appropriately
1. **An enamel cup (4mks)**
* Collect equipment and materials to save on time and energy
* Wash ½ in warm ½ soapy water ½ using a sponge to prevent scratches and remove dirt
* Rinse ½ in warm water ½ to remove soap and dirt ½
* Final ½ rinse in cold water ½ to freshen ½
* Wipe to dry with a cloth ½ or drip dry upside down on a rack to dry
* Buff ½ to shine ½ a soft lintless cloth
* Store appropriately
* Clean and store equipment appropriately
1. **A wooden polished floor (7mks)**
* Collect equipment and materials to save on time and energy
* Move items to a central place to make cleaning easy ½
* Sweep methodically from the furthest corner to the door ½
* Open the windows to allow in fresh air ½
* Clean with a cloth wrung out of warm soapy water. ½ to remove dirt
* Rinse ½ with a cloth wrung out of clean warm water½ to remove soap and dirt.
* Final rinse in cold water to freshen the wood
* Allow to dry completely ½
* Apply polish ½ sparingly on the surface using an old piece of cloth ½
* Rub in circular movements that overlap½ . This ensures that the polish is evenly distributed on the surface and that no polish is fed into open cracks
* Leave it for about ten minutes to enable the polish to set ½ for easy shining. Use a soft, dry and non-fluffy cloth ½ folded into a pad to buff the surface. To ensure a proper finish and remove excess polish, rub hard using circular movements ½
* Shake the spray polish container to mix the polish well, hold it 6 inches away from the surface and spray sparingly ½ buff immediately ½ with a cloth to shine
* Rearrange the room for neatness.
* Clean the equipment used and store appropriately

**SECTION C (40 MARKS)**

**Answer any two questions from this section**

1. (a) **Explain four qualities of a good toy. (4mks)**

- Durable: e.g made from a strong material to last long

- It should be strongly constructed so that the child cannot easily dismantle

- It should not be too small to prevent swallowing by the child

- Unpainted since some paints have lead which, is poisonous

- Not sharp and pointed because they can injure the child

- Washable or easy to clean since small children put them in their mouths

**(b) Give four ways how a cook can infect food with germs. (4mks)**

**-** Over handling already cooked food

- Touching food with dirty hands

- Coughing over food

- Tasting food using cooking equipment ie wooden spoon and continuing to useit

**(c) With the aid of 3 well labeled diagrams explain how to make a double-stitched seam. (7mks) award 3mks for diagrams**

- Place the fabrics together with the wrong sidesfacing and fitting lines, notches and raw edges matching½ .

 - Pin and tack along the fitting line ½

 - Remove pins and machine along the fitting line½ . Remove tacking and press

 - Trim back turning to 6mm and the front to 12mm. ½

- Fold overthe front over to the back to form the fell ½

- Pressthe fell to lie on the back of the garment ½

- Tack and machine close to the fold through the three layers ½

- Remove tacking and press the completed seam ½ ( 8 X ¼ )

**(d) Explain five practices that are harmful to woolen fabrics. (5mks)**

- Soaking; causes wool to shrink and weaken

- Rubbing/friction; causes stretching

- Starching; causes hardening and breaking of wool fibres

- Drying by hanging; stretching and loss of shape

- Washing in hot water; causes shrinkage, hardening and creasing

- Rinsing using cold water; felting and matting

 43. (**a) State four problems related to breastfeeding and give their remedies. (4mks)**

 **Sore nipples;** Breastfeeding more often starting by the side which is less sore

 Relaxing before starting to feed as this leads to easy flow of milk

 Avoid pulling the baby from the breast instead release the feeding baby by

 Pressing down the chin

 **Breast engorgement; Frequent** breastfeeding reduces the chances of breast

 Engorgement

 Squeezing the breast with a warm wet cloth relieves the engorgement

 **Breast abscess;** Seeking medical attention immediately because it is an infection

which has set in

**Thrush;** Found in the baby’s mouth make the baby refuse breast milk. Take the baby to a clinician

 **Inadequate milk supply;** Frequent nursing will keep the milk flowing. Eating well

 **(b) State four rules of first aid.(4mks)**

- Be calm. Assess the situation and decide the best way to offer help

 - Take control or give help to another first aider in control

 - Keep crowds away

 - Keep casualty warm

 - Cover all wounds to prevent infection

 - Reassure the casualty, that all will be well

 **(c )Discuss any two methods of credit buying. (4mks)**

* **Hire purchase;** This is a form of installment credit, whereby goods are obtained by first paying a certain percentage of the cost price in the form of deposit. The

Balance is paid later through equal installments spread over a period of time

* **Use of credit cards;** This method is used when a consumer uses a card to buy goods and services. The payment is paid from the customer’s bank account
* **Simple non-installment credit;** This form of buying is used when one obtains goods and services for a period of time and then pays up when the bills arrive e.g electricity and water bills
1. **Explain the preparation of an interfaced shirt collar. (8mks)**
* Apply the interfacing on the wrong side of the collar leaving the seam allowance.
* Place the collar and under collar together with the R.S facing. Match the raw edges, fitting lines and notches
* Pin and tack along the fitting line, leaving the lower edge where the collar s to be attached to the neckline
* Remove pins and machine the sides and the top edge leaving the lower edge unstitched. Remove tacking and finish off threads
* Trim and layer the seam allowance
* Snip the curved sections of the collar and clip pointed edges
* Turn the collar to the R.S and knife-edge
* Press the collar
* Top-stitch round the edge for a neat finish and neatness and flatness
1. **(a) Outline qualities of a good sleeve. (4mks)**
* The crown should be properly matched with the shoulder seams so that the hang of the sleeve hangs well
* The cap should be smoothly rounded
* The fullness should be evenly distributed
* The stitchery should be firm and neat
* Armhole seam line should be smooth and strong
* The sleeve should be trimmed evenly to reduce bulk and neatened appropriately
* Both sleeves should be the same length and shape

**(b) Mention four problems related to food products that a consumer should report to the Kenya Bureau of Standards. (4mks)**

**-** Blown up tin/cans in tinned food products

**-** Less quantity than expected

**-** Food displayed on the shelves after their expiry date

**-**Unlabelled products, that is the ingredients are not indicated

**-** Foreign substances found in food and beverages

**-** Foul smell

**-**Broken seal

**-** Shelf life not indicated

**-** Different food color

**(c)Food fortification is the introduction/ addition of a food nutrient into a given food. Give four ways of fortifying maize meal porridge. In each case specify the quality improved. (4mks)**

- Colour; wimbi, groundnit flour, margarine, eggs.

- Flavour ; lemon juice, margarine, sugar, milk

- Texture; Cassava flour

- Nutrient content; addition of groundnuts or omena or pumpkin seeds, lemon juice, eggs, margarine and sugar

**(d) Give four advantages electric lighting has over the use of hurricane lamp lighting.**(4mks)

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| Electric lighting  | Hurricane lamp lighting |
| Bright | Not bright |
| Clean because it produces no fumes | Produces fumes when lit  |
| It is easy to regulate in intensity  | Not easy to regulate  |
| It is inexpensive when used well | It uses kerosene which is relatively expensive |
| Does not produce harmful gaseous fumes | When used in a poorly ventilated room it can cause respiratory diseases  |

1. **Give four ways of conserving energy in the home while cooking. (4mks)**
* Cover the cooking pots with well-fitting lids
* Soak foods that take long to cook. This shortens cooking time
* Use energy efficient devices such as fuel saving jikos
* When boiling dry grains and pulses use a pressure cooker, as it shortens the cooking time and saves on fuel
* Put on cooking and heating equipment when you are ready to use them to ensure there is no lapse between putting them on and the actual usage
* Extinguish wood/ charcoal after use to re-use later